

How Pollution Damages Your Skin & Best Ingredients to Protect It.

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Learn how pollution affects your skin, causing dullness, acne & aging. Explore dermatologist-approved ingredients & products that protect your skin barrier.

Did you know that air pollution can age your skin faster than the sun? That's right, while we've all been faithfully slathering on SPF, city smog has been sneakily working overtime on our complexions. If you've ever come home after a day in traffic and felt like your skin was wearing a thin layer of "urban dust," you're not imagining things.

When discussing how pollution harms your skin, we're looking at a multitude of toxins, tiny particles, and free radicals that interfere with your skin's protective layer. The result? Wrinkles, pigmentation, dullness, and breakouts that appear before you're mentally ready to face them. Imagine you're getting ready for the best night of your life and your skin simply looks haggard, tired and

ashen.



Not something you'd want, right?

Don't panic though, science and skincare are on our side. Vitamin C, niacinamide ,hyaluronic acid and low pH cleansers are dermatologist-approved substances that can act as superheroes with hydration and antioxidant capes. Let's get started.

Source: [Read more](#)

Consider your skin to be a wall that protects you. Pollution? It's a persistent graffiti artist.

1. **Oxidative stress is caused by free radicals.**

Free radicals are unstable chemicals that steal electrons from healthy skin cells when contaminants like cigarette smoke or vehicle exhaust land on your skin.

Oxidative stress is the result, and it accelerates aging more quickly than binge-watching five seasons of your favorite television program in one sitting.

2. Dirt and fine particles equal blocked pores.

Have you ever wondered why, after spending a day outside, your skin feels so dirty? This occurs when tiny particles of dust enter your pores, combine with oil, and cause outbreaks. Nobody wants a "memento" from a city commute like that.

3. Breakdown of collagen results in early wrinkles.

The protein that gives skin its bounce is called collagen. It is weakened by pollution, which causes sagging and premature appearance of fine wrinkles. (Consider it as the premature failure of the springs in your mattress.)



4. Dryness and sensitivity indicate a weakened barrier.

Your natural barrier is the skin. It is compromised by pollution, resulting in dryness, sensitivity, and redness that are difficult to resolve with even your favorite moisturizer.

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